

Summer 2020

# CRPD FITNESS PROGRAM

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>Morning/Mid-Morning Classes</b>					
	<b>HIIT Training</b> 8-9 AM Dee		<b>HIIT Training</b> 8-9 AM Dee		<b>Indoor/Outdoor BootCamp</b> 8-9 AM Dee
		<b>StepSculpt</b> 8:30-9:30 Nancy		<b>Zumba</b> 8:30-9:30 Lizzie	
<b>CardioFusion</b> 9:00-9:50 Christine		<b>Yoga Mix</b> 10:00-11:00 Brandi		<b>Barre/Pilates</b> 9:40-10:40 Christine	
<b>Barre</b> 10:00-11:00 Christine	<b>Description of classes listed on back.</b> For updated information on our Fitness Program, please be sure to follow us on our Facebook page at CRPD Fitness.			<b>Yoga</b> 10:00-11:00 Brandi	
<b>Evening Classes</b>					
<b>Zumba</b> 5:30-6:30 Lizzie			<b>Total Body Training</b> 5:30-6:30 Rhonda	<b>The FitPass provides full access to all fitness classes offered.</b>  <b>FitPass Packages:</b> 30 day unlimited access-\$60 5-Class FitPass-\$35 12-Class FitPass-\$72 24-Class FitPass-\$120  Not ready to commit? Drop-in for \$8  <b>Passes do not expire</b>	

*First time FitPasses can be purchased from 8:30am-4:30pm at 437 Pilgrim Mill Rd. Cumming, GA 30040 (770)781-2030*

*Once purchased, all renewals can be made online at [www.CRPDonline.com](http://www.CRPDonline.com)*

*Our fitness program goal is to help you find fun in fitness balanced with a challenging total body workout in a family friendly atmosphere!*



**at CRPD Fitness**